

Stepping Out



SOFTWARE INTRODUCTION

Objective: To explore a nutrient analysis software program.

1. Select the following date and school : November 18, Steps Secondary School.
2. Complete the following menu by entering the missing menu items on the computer:

MENU

Roasted Chicken Breast
Carrots
Scalloped Potatoes (½ cup)
Wheat Rolls (2 oz.)
Butter
Apple Crisp
Milk

3. Review the *Apple Crisp* (C-2) recipe analysis. What ingredient contributes the most fat? **Butter**
4. Locate “Apples - canned, sweetened, drained” in the ingredient file.
5. Read the nutrient information for the selected apples.

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How would this
information be helpful to you?

1. **Planning cycle menu**
2. **Determining the amount of nutrients in the meal**
3. **Deciding on the form of food to use.**